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What is claimed is:

1	1.	A method of optical signal regeneration comprising the steps of:
2		generating a phase and amplitude encoded clock signal from at least an input
3		optical signal;
4		introducing the encoded clock signal into a delay interference section of the
5		regenerator such that an amplitude modulated clock signal is produced; and
6		outputting the amplitude modulated clock signal wherein the output amplitude
7		modulated clock signal preserves information present within the input optical
8		signal.
1	2.	The method according to claim 1 wherein said delay interference comprises the steps
2		of: N
3		splitting the encoded clock signal into at least two optical signals; and
4		delaying one of the encoded signals by an amount Δt from another signal wherein
5		$\Delta t \cong N * \Delta t_{clk}$, where Δt_{clk} is a clock pulse time delay measured between
6		subsequent clock signal pulses and N is an integer.
1	3.	The method according to claim 2 further comprising the steps of:

- optically amplifying the amplitude modulated clock signal.
- 1 4. The method according to claim 2 further comprising the steps of:: polarizing the amplitude modulated clock signal. 2
- 5. The method according to claim 2 wherein the delay interference section includes a bi-1 2 refringent fiber in optical communication with a phase shifter.
- 6. The method according to claim 5 wherein the delay interference section further 1 2 includes a polarizer in optical communication with the phase shifter.
- 7. The method according to claim 1 wherein the generating step further includes the 1 steps of: 2
- 3 applying the input optical signal to a coupling section of an optical regenerator; and 4
- 5 applying a clock signal to a modulation section of the optical regenerator.
- 8. The method according to claim 7 wherein said coupling section comprises a 1 2 photodiode.